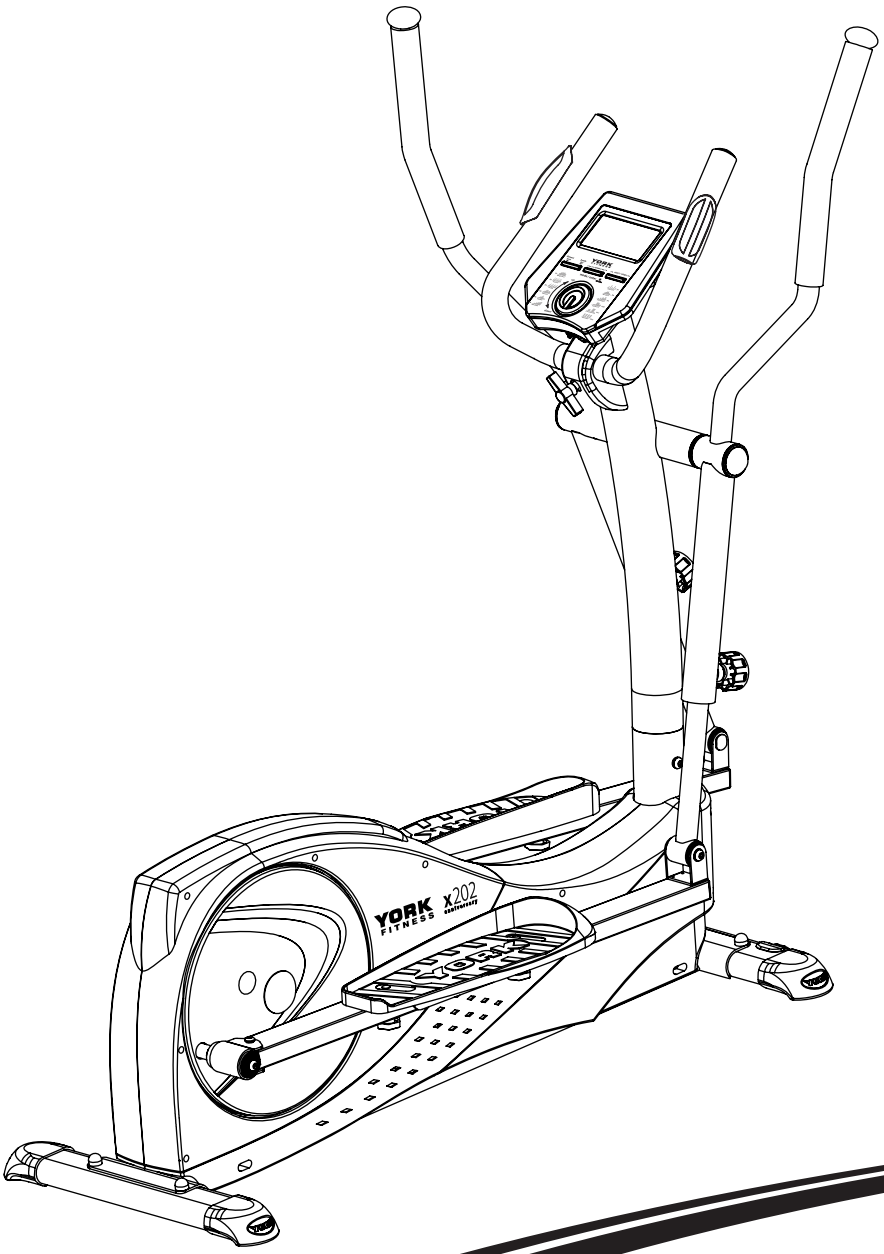
YORK FITNESS



anniversary **x**202

owner's manual

yorkfitness.com

VERSION II - 28/05/2007

YORK FITNESS

Congratulations on purchasing a cross trainer from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new cross trainer. For more information visit www.yorkfitness.com

YORK FITNESS

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safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cross trainer is 140kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This cross trainer meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 9 and AS 4092-1993. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

! It is important that you keep these instructions for future reference.

Care & Maintenance

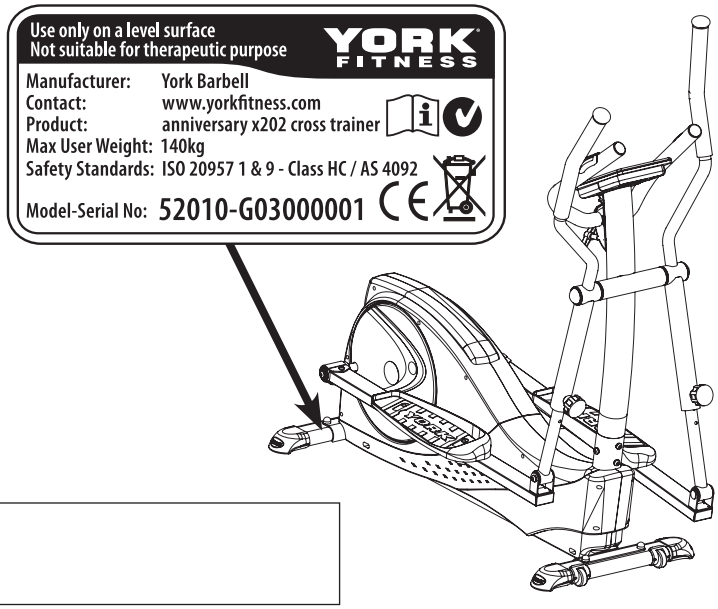
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect



Your Serial No. is:

Contact Us

ENGLAND
York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB
Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

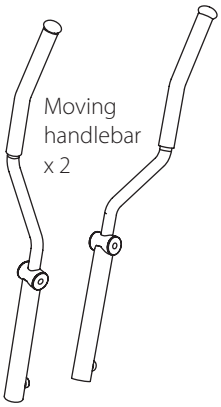
AUSTRALIA
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

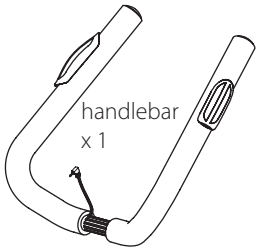
OTHER LOCATIONS
Please see website - www.yorkfitness.com

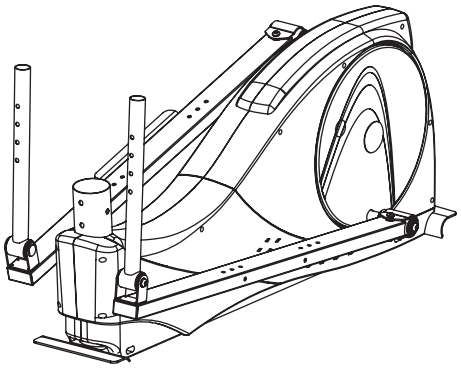
Before you start

1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**

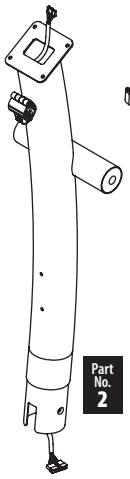
   Make sure you have the following parts:

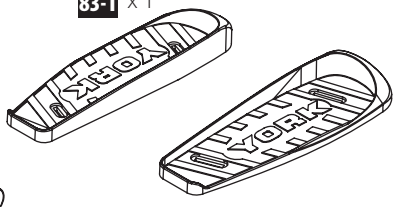

Moving handlebar x 2


handlebar x 1



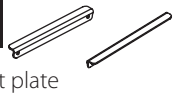
Part No. 94 Console x 1

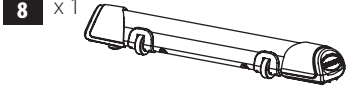

Part No. 2 Front post x 1


Part No. 83-1 Left footplate x 1

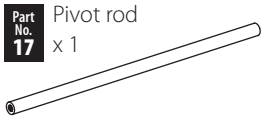
Part No. 83 Right footplate x 1

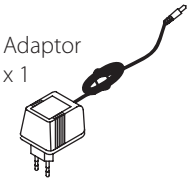
Part No. 80 Handlebar bracket cover x 1


Part No. 18 Foot plate support bracket x 2


Part No. 8 Front stabilizer x 1

Part No. 9 Rear stabilizer x 1


Part No. 17 Pivot rod x 1


Part No. 93 Adaptor x 1

Part No. 76 T-bar bolt x 1

Fixings

Part No. 25 52mm carriage bolt x 4

Part No. 26 55mm carriage bolt x 4

Part No. 28 Plastic cap x 2

Part No. 34 15mm screw x 8

Part No. 41 20mm hex head bolt x 2

Part No. 43 Flat washer x 12

Part No. 46 Flat washer - black x 2

Part No. 48 Small flat washer - black x 4

Part No. 50 spring washer - black x 2

Part No. 51 Small spring washer - black x 4

Part No. 53 Foot plate mount insert x 4

Part No. 54 Nylock nut x 4

Part No. 73 Plastic bolt cap x 4

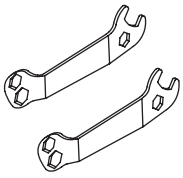
Part No. 75 Hand wheel x 4

Part No. 86 spring washer x 12

Part No. 87 Pull plunger x 2

Tools and Consumables

Part No. 88 Screwdriver and allen key x 1


Part No. 89 Multi spanner (10, 13, 14,15mm) x 2

This cross trainer takes up a floor space of 142cm by 65cm and weighs 52 kg

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

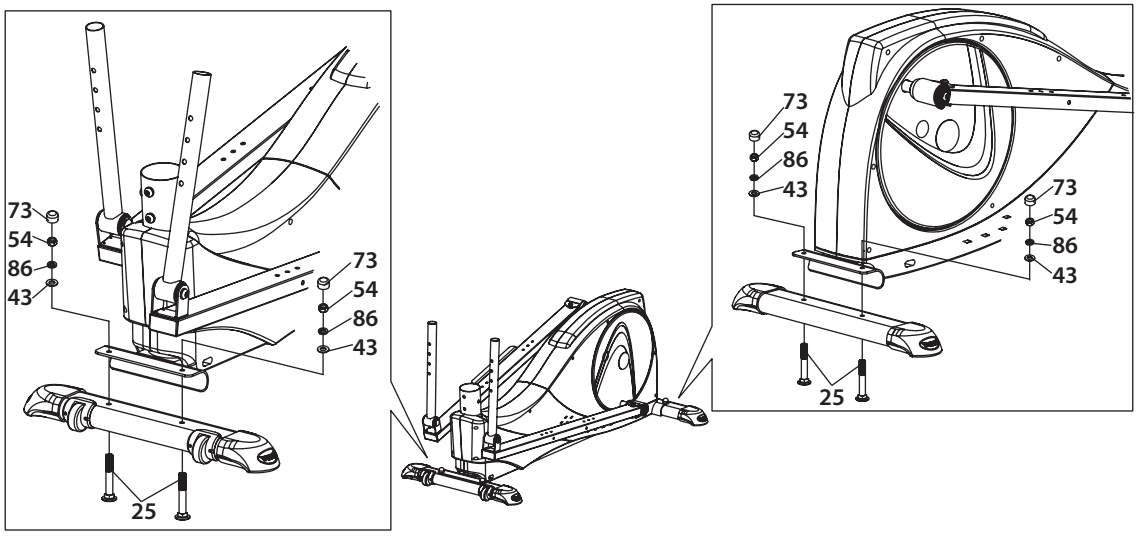
2. Attach the stabilisers

1. Attach the front and rear stabilisers with the nuts, bolts and washers as shown in the diagram
2. Be sure to fit the parts in the same order as the diagram

Check the bolts are fully tightened by making sure they penetrate through the top of the nut

FIXINGS:

- Part No. 25 — x 4
- Part No. 43 — x 4
- Part No. 54 — x 4
- Part No. 73 — x 4
- Part No. 86 — x 4



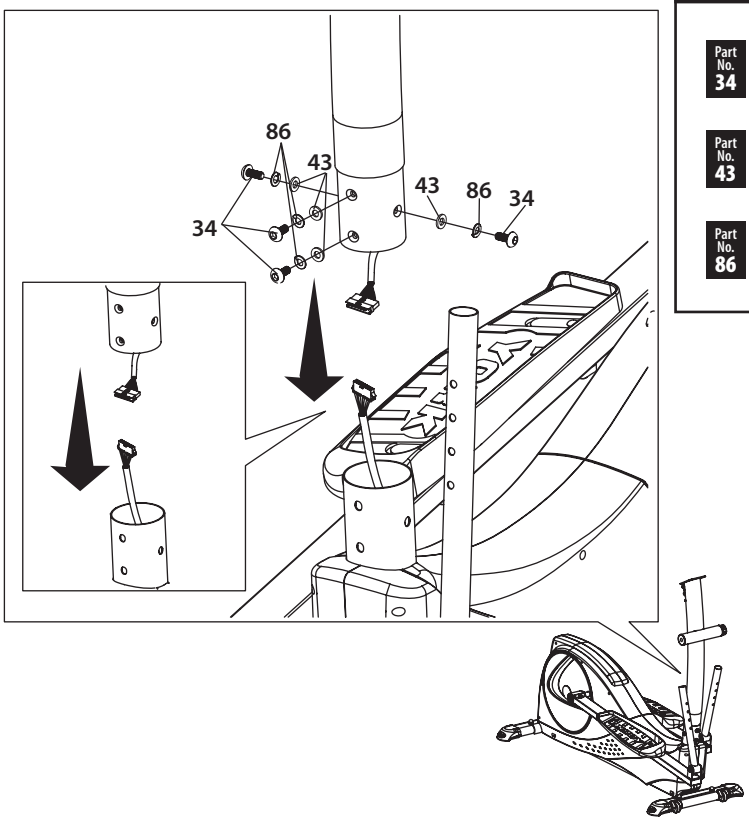
3. Attach the front post

1. Connect the computer cables as shown – make sure they are fully connected together
2. Slide the front post tube over the front post mounting
3. Secure in place using the bolts and washers as shown – be sure to fit them in the same order as the diagram

Make sure the bolts are fully tightened with the allen key

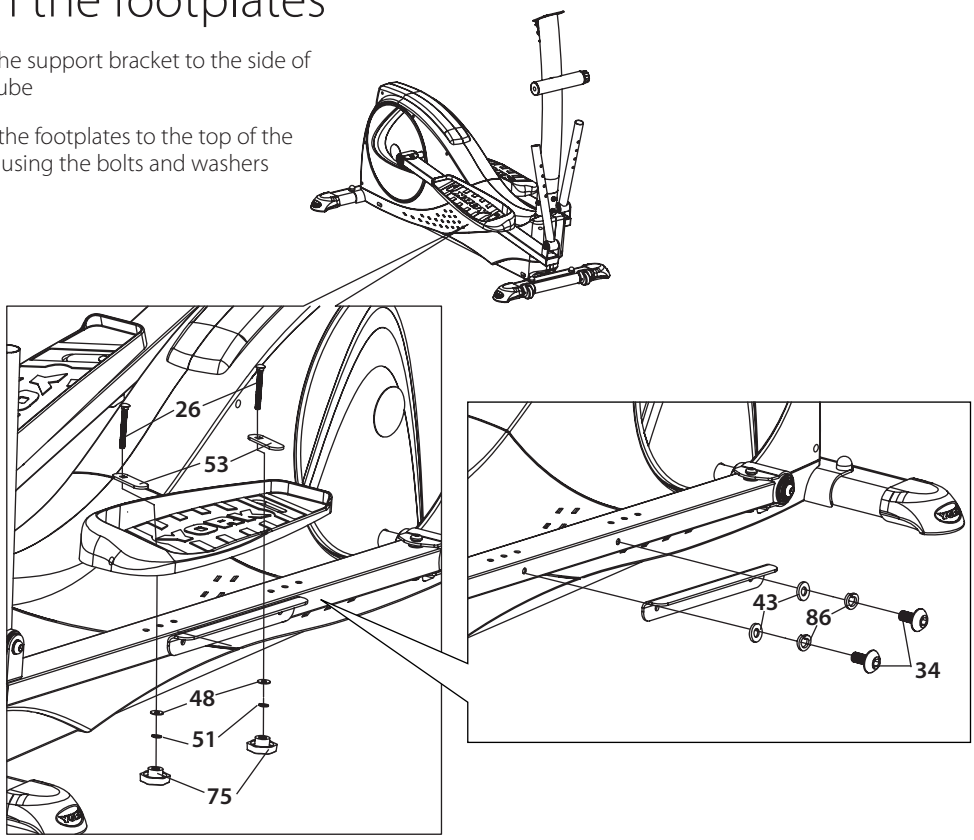
FIXINGS:

- Part No. 34 — x 4
- Part No. 43 — x 4
- Part No. 86 — x 4



4. Attach the footplates

1. First attach the support bracket to the side of the mount tube
2. Then attach the footplates to the top of the mount tube using the bolts and washers shown

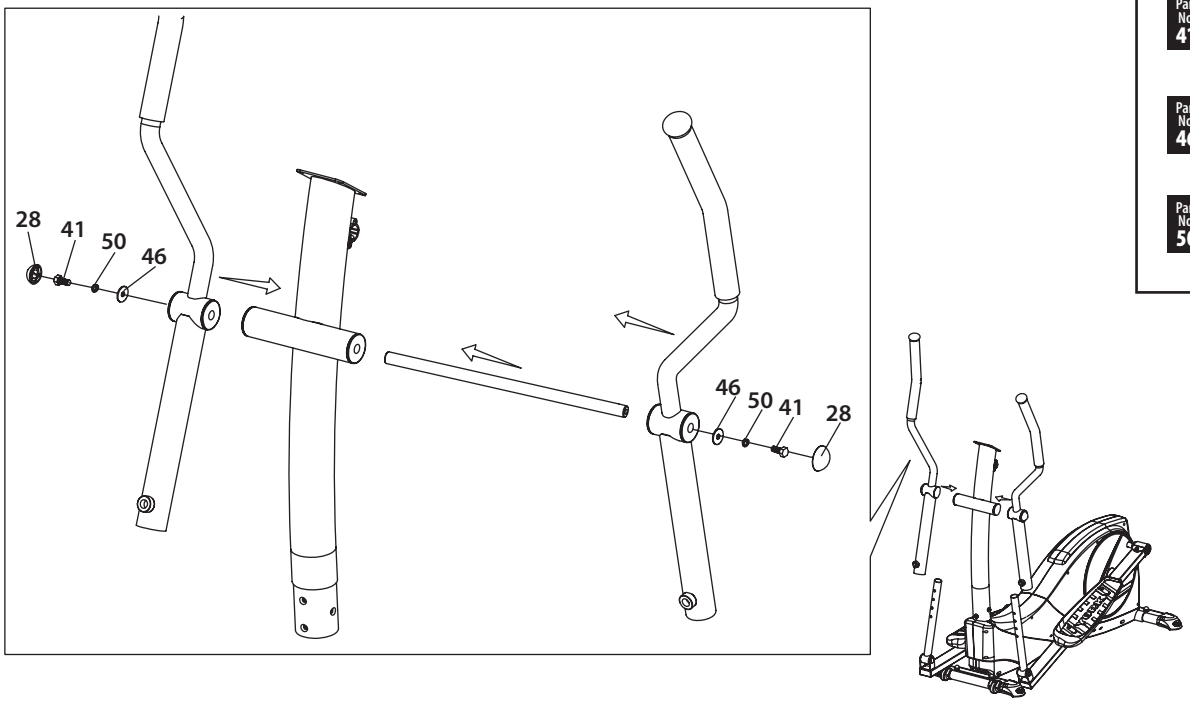


FIXINGS:

Part No. 26	x 4
Part No. 34	x 4
Part No. 43	x 4
Part No. 48	x 4
Part No. 51	x 4
Part No. 53	x 4
Part No. 75	x 4
Part No. 86	x 4

5. Attach the moving handlebars

1. Slide the pivot rod inside the tube on the front post as shown
2. Slide the left and right lower moving arms over this pivot rod
3. Secure in place using the bolts and washers as shown



FIXINGS:

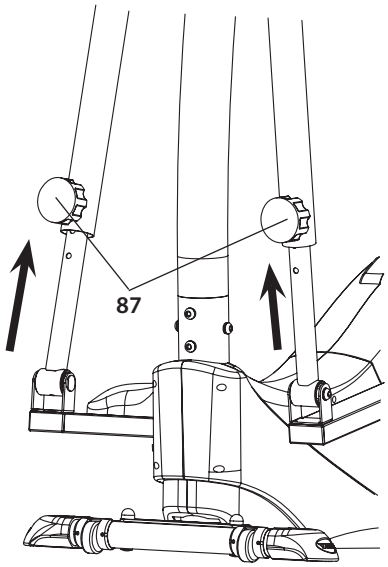
Part No. 28	x 2
Part No. 41	x 2
Part No. 46	x 2
Part No. 50	x 2

6. Connect the upper and lower moving handlebars

FIXINGS:

Part No. 87 x 2

1. Slide the lower moving handlebar up into the tube of the upper moving handlebar
2. Choose a height adjustment hole and secure in position with the pull plunger
3. Repeat for the other side, making sure to choose the height adjustment hole in the same position

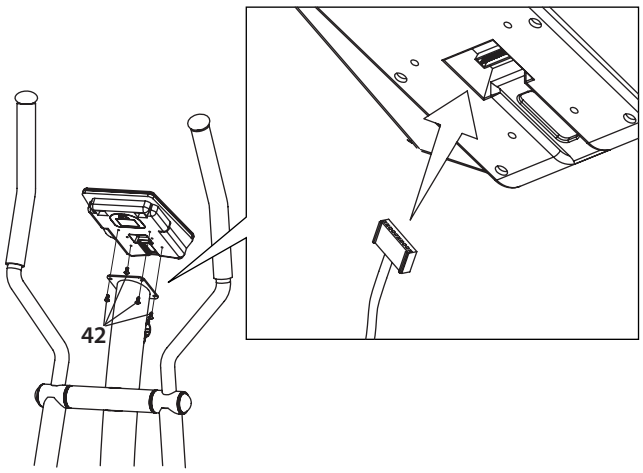


7. Attach the console

FIXINGS:

Part No. 42 x 4

1. Connect the wire to the back of the console
2. Secure the console onto the bracket using screws as shown (screws are located in the back of the console)



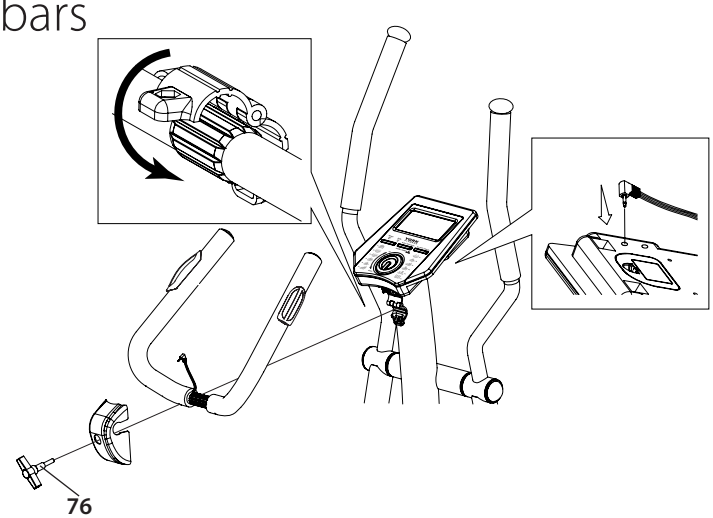
8. Attach the handlebars

FIXINGS:

Part No. 76 x 1

1. Open the handlebar clamp bracket and place the handlebar inside
2. Close the clamp bracket and place the front handlebar bracket covers over it
3. Secure in place using the T-bar bolt
4. Plug the hand pulse sensor wire into the back of the console

Make sure T-bar bolt is fastened tightly



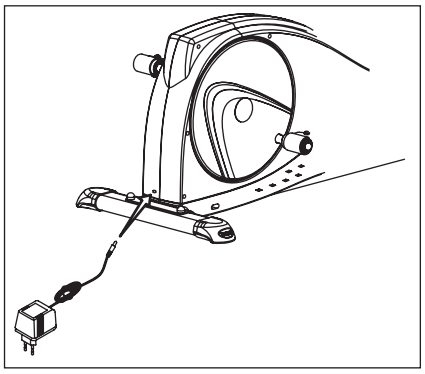
Final Checks

Your cross trainer is now assembled. Please make the following final checks before you use it for the first time.

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

Power up

1. Plug one end of the adaptor into your cycle as shown
2. Plug the other end into a suitable AC outlet (220 – 240v – 50Hz)



Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data :

1. Make sure the cross trainer is plugged in
2. Press the 'start / stop' button
3. Begin pedalling
4. Adjust the resistance level with the scroll wheel
5. The values of time, distance and calories will start counting upwards

Console Display and Feedback

Profile window
Displays resistance level in manual mode and program profile in program mode

Time
Time exercised this session; default counts up from zero, but counts down if a target has been set

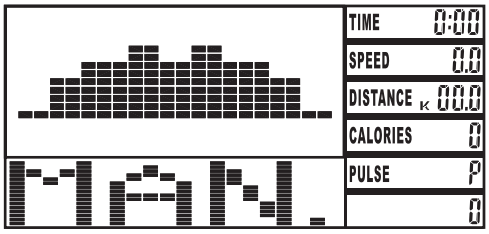
RPM / Speed
Switches between revolutions per minute (RPM) or current speed you are pedalling at, in km/h

Distance
Distance travelled this session; defult counts up from zero, but counts down if a target has been set

Calories
Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set

Pulse
Current heart rate in beats per minute (bpm)

Load
Current resistance level



Screen Display

Button Functions

	Pre – workout	During workout
mode / enter (push down on scroll wheel)	confirm settings	
scroll wheel clockwise	scroll upwards through setting values	increase the resistance level
scroll wheel anti-clockwise	scroll downwards through setting values	decrease the resistance level
fitness test		enter the fitness test program - use when your workout has ended
body fat	enter body fat analysis and BMI mode	
reset	reset current value, press and hold for total reset (return to 'user profile selection' screen)	return to main menu
start / stop	start your workout	pauses your workout - press again to re-start

Using Workout Programs

Set User Profile Data

This console allows you to store personal information for up to 9 individuals. The data you enter is used in various workout programs and means you don't need to enter personal data every time you select a different program. The first time you select the program you will have to enter your personal information:

1. Scroll the wheel up and down to select a user profile U1 to U9
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to select your sex (male or female)
4. Press 'enter' to confirm
5. Scroll the wheel up and down to select your age
6. Press 'enter' to confirm
7. Scroll the wheel up and down to select your height (in cm)
8. Press 'enter' to confirm
9. Scroll the wheel up and down to select your weight (in kg)
10. Press 'enter' to confirm

The console will now enter the 'main menu' mode, awaiting you to select a program and begin your workout. In 'main menu' mode the following options are available:

- **manual**
- **program**
- **user**
- **hrc (heart rate control)**

Please follow the relevant steps below to use each of the options.

Manual

In manual mode the user is free to adjust the resistance at any point throughout the workout.

1. Scroll the wheel up and down to highlight 'manual'
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to set your resistance level
4. Press 'enter' to confirm
5. Press 'start / stop' to begin your workout

NOTE: You can also add to your manual program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

Program

There are 12 pre-set programs available for you to choose from. The resistance level adjusts automatically throughout the program.

1. Scroll the wheel up and down to highlight 'program'
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to choose your program (P1 to P12)
4. Press 'enter' to confirm
5. Scroll the wheel up and down to set your resistance level
6. Press 'enter' to confirm
7. Press 'start / stop' to begin your workout

NOTE: you can also add to your program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

User

This program allows you to create and save your own program profile. You need to set the resistance level for each of the 20 profile 'segments' as displayed in the profile window:

1. Scroll the wheel up and down to highlight 'user'
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to set the resistance level for the first segment
4. Press 'enter' to confirm
5. Repeat steps 3 and 4 until all 20 segments have been set
6. Press 'start / stop' to begin your workout

NOTE: once set up, this program is saved and can be re-used, simply press 'start / stop' to go straight into it. If you wish to change the program, complete the steps above.

HRC (heart rate control)

HRC programs work by automatically adjusting the resistance to keep you working out at your target heart rate. To do this the console will need your pulse reading throughout the exercise, which it gets from you placing both hands on the pulse sensors.

If your heart rate is too high the resistance is decreased
If your heart rate is too low the resistance is increased

This console features 4 heart rate control programs:

- 55% - targeted to operate at 55% of your maximum heart rate
- 75% - targeted to operate at 75% of your maximum heart rate
- 90% - targeted to operate at 90% of your maximum heart rate
- Target – you can set your own target heart rate

1. Scroll the wheel up and down to highlight 'HRC'
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to select your program (55%, 75%, 90%, target)
4. As you scroll through the first 3 programs you will see you your target heart rate has already been worked out and is displayed for you - If you are happy with one of the target heart rate values displayed, press the 'start / stop' button to begin exercising
5. If you want to enter your own target heart rate, choose the 'target' program by pressing down on the scroll wheel
6. Scroll the wheel up and down to set a target heart rate
7. Press 'enter' to confirm
8. Press 'start / stop' to begin your workout

! the 90% program should only be used by professional athletes or people with a very high level of fitness – exercising at this level can be dangerous if you do not know what you are doing

! Please see the 'Exercising with your cross trainer' section for more details about the benefits of heart rate training

NOTE: you can also add to your HRC programs targets based on time, distance or calories. To do this, see the 'Target Program' instructions below.

Using the other features of your console

Target programs

You can choose to workout by setting a target based on time, distance travelled, calories burned or the pulse rate you want to achieve. When you reach your target the cycle will sound a short alarm.

Set up your desired program as described in the previous, but before pressing 'start / stop' to begin your exercise:

1. the value of 00:00 will be flashing in the 'time' window
2. Scroll the wheel up and down to set your TARGET TIME
3. Press 'enter' to confirm
4. the value of 00:00 will be flashing in the 'distance' window
5. Scroll the wheel up and down to set your TARGET DISTANCE
6. Press 'enter' to confirm
7. the value of 00:00 will be flashing in the 'calories' window
8. Scroll the wheel up and down to set your TARGET CALORIES
9. Press 'enter' to confirm
10. the value of 00:00 will be flashing in the 'calories' window (this option is not available if you are in the 'target hr' program)
11. Scroll the wheel up and down to set your TARGET PULSE
12. Press 'start / stop' to begin your workout

NOTE: you only have to set one of the targets described above, and once done you can press 'start / stop' to go straight into your workout, however, if you set multiple targets the workout will end when the first target is reached.

Fitness test

Measures how quickly your heart rate returns to normal after exercise – it's a great way of measuring your fitness level and tracking your progress over time. When you have completed your workout:

1. Press the 'fitness test' button
2. Place both hands on the hand pulse sensors
3. Time will count down from 1:00 to 0:00
4. A result will be displayed between F1 and F6

F1 is the best and means your heart rate recovers quickly after exercise – you are very fit

F6 is the worst and means your heart rate recovers slowly after exercise – you are unfit

Body fat and BMI

This feature will measure your body fat % and perform a BMI (Body Mass Index) calculation. It uses the User Data already pre-set in U1 – U9 in the calculations. From the 'main menu':

1. Press the 'body fat' button
2. Place both hands on the hand pulse sensors
3. The display will show - - - - - - - for 8 seconds
4. It will then show your body fat %, related symbol and BMI (please see below to see what the result indicate)

Body Fat results

Male value	Female value	Symble	Scale
<13%		-	Low
13% - 26%	23% - 36%	+	Low / Medium
26% - 30%	36% - 40%	▲	Medium
>30%	>40%	◆	Medium / High

BMI results

Value	Scale
<20	Low
20 - 24	Low / Medium
24 - 26.5	Medium
>26.5	Medium / High

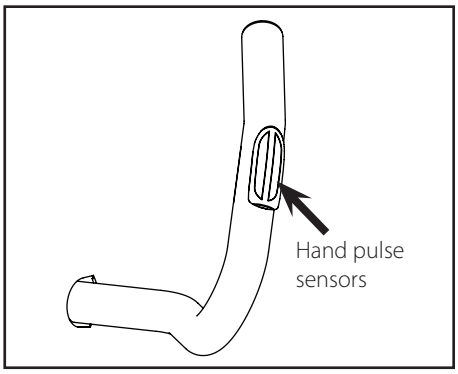
NOTE: the body fat % shown is for comparison only, and should not to be used for medical purposes

Monitoring your heart rate

Hand Pulse Sensors

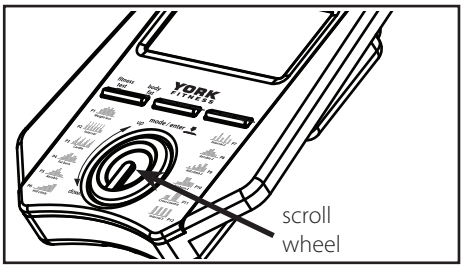
This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hand on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation.



Adjusting the resistance

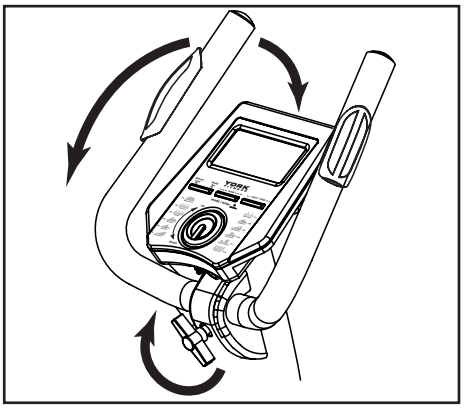
This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel – the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply scroll the wheel on the console. The resistance levels go from 1 = easy to 16 = hard



Adjusting the handlebars

The handlebars can be adjusted to match your individual requirements;

1. loosen the T-bar bolt
2. tilt the handlebars into your desired position
3. tighten the t-bar bolt



Adjusting the stride pattern

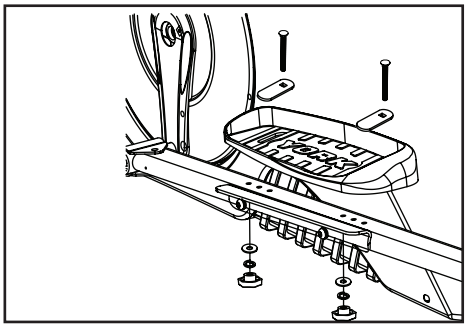
There are 2 sets of adjustments you can make to match the elliptical motion to your individual requirements:

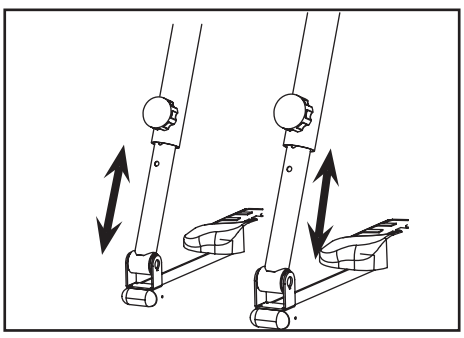
Change the footplate position

1. Remove the footplate by unscrewing the hand wheel underneath
2. Remove the bolts
3. Re-position the footplate into one of the 3 sets of holes
4. Re-position the bolts and tighten with the hand wheel
5. Make sure both the left and right footplate are in the same hole position

Change the height of the footplate mount tube

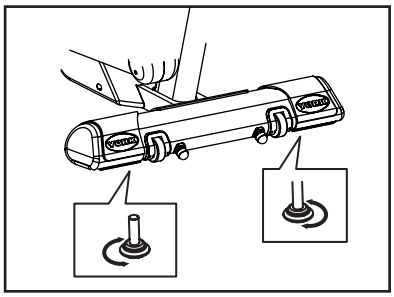
1. Loosen the hand wheel and pull the plunger
2. Adjust the tube up or down into one of the 4 adjustment holes
3. Let go of the plunger and re-tighten the hand wheel
4. Make sure both the left and right handlebars are in the same hole position





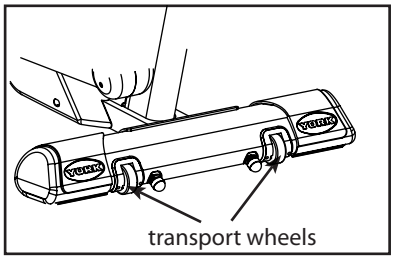
Levelling your cross trainer

To help you level the cross trainer on uneven surfaces, 2 height adjusters are included on the frront stabiliser. Simply twist these around to adjust the height of the cross trainer.



Transporting your cross trainer

Your cross trainer has 2 transport wheels to help you move it around. To engage the wheels, tilt the cross trainer towards you with the handle bars and then using the handlebars push the cross trainer to your desired location.



how to take care of your cross trainer

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Cleaning

Use a warm, damp cloth to wipe the surfaces.
Mild detergent may be used if necessary.

Never remove the protective casing.

Troubleshooting

If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

- Make sure the nearest footplate to you is in the lowest position
- Grasp the handlebars securely with both hands
- Step on - put your feet into the pedals one by one
- Your body should be centred over the pedals
- Begin to stride, follow the rhythm of the machine

Finishing your workout

- Slow your elliptical motion to a gradual stop
- Take your feet off the footplates one at a time

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct exercising form

- Stand tall and straight. Don't slump - it will put unnecessary strain on your back and will result in less effective toning in the leg muscles. Make sure the machine is adjusted properly for your height so that you don't have to slouch to reach the handlebars. Similarly, you should not be leaning on the handles or gripping them too tightly.
- Stay relaxed. Keep your shoulders, arms, legs and hips loose and unlocked while using a cross trainer. Tension could lead to injury and will almost certainly make you sore.

All over body workout!

- For an all over body workout keep your hands on the moving arms
- To only work the lower body place the hands on the fixed handlebars
- To put the emphasis on the upper body push with your arms on the moving arms and reduce the amount of effort you are using with your legs
- To work different muscles in your legs, try going in reverse

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula 220 minus your age in years. So, if you are 35 years old your estimated maximum hear rate is:

220 - 35 = 185 beats per minutes (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

NOTE: Heat rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

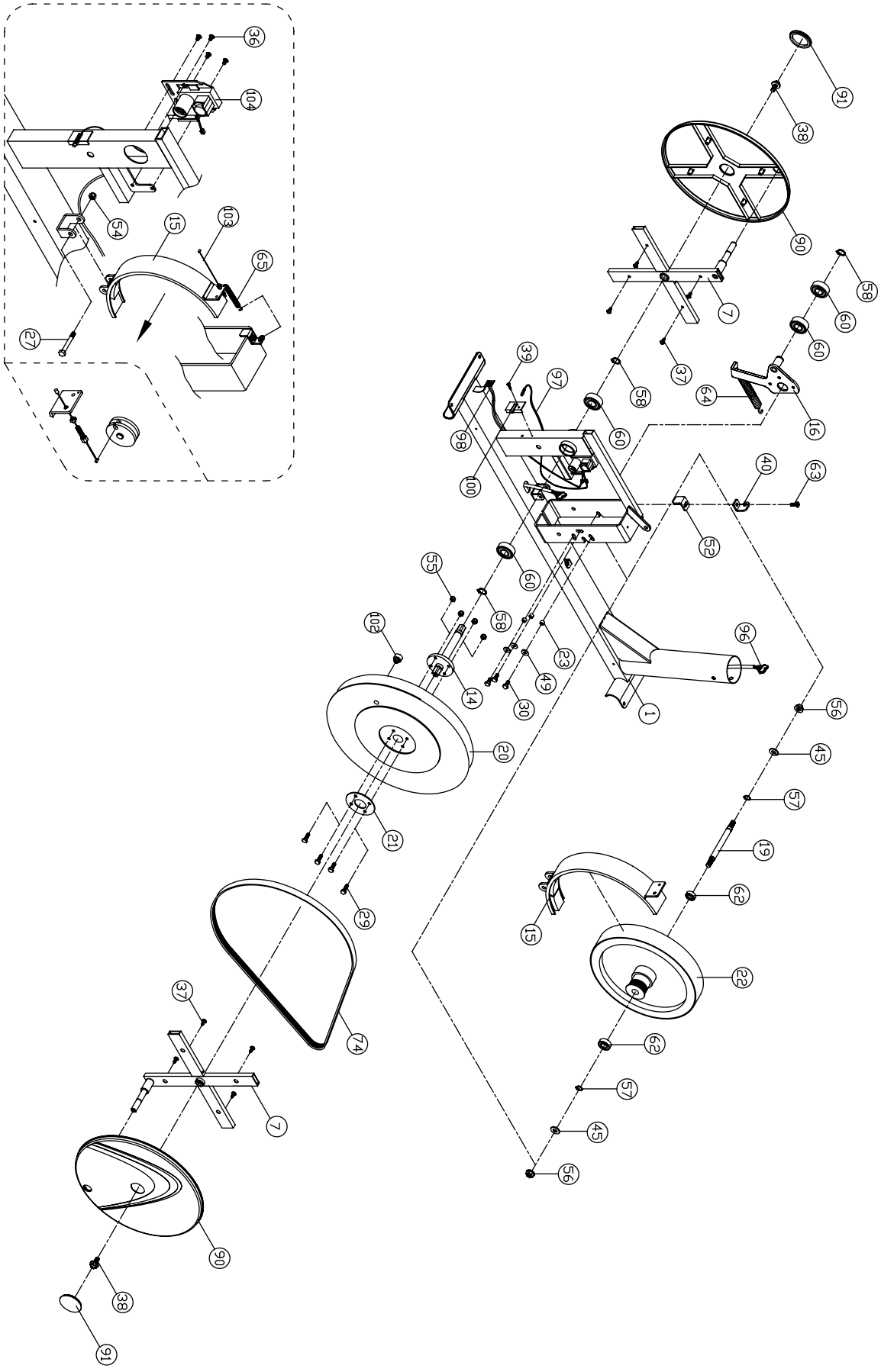
To obtain warranty service you must provide the following information:

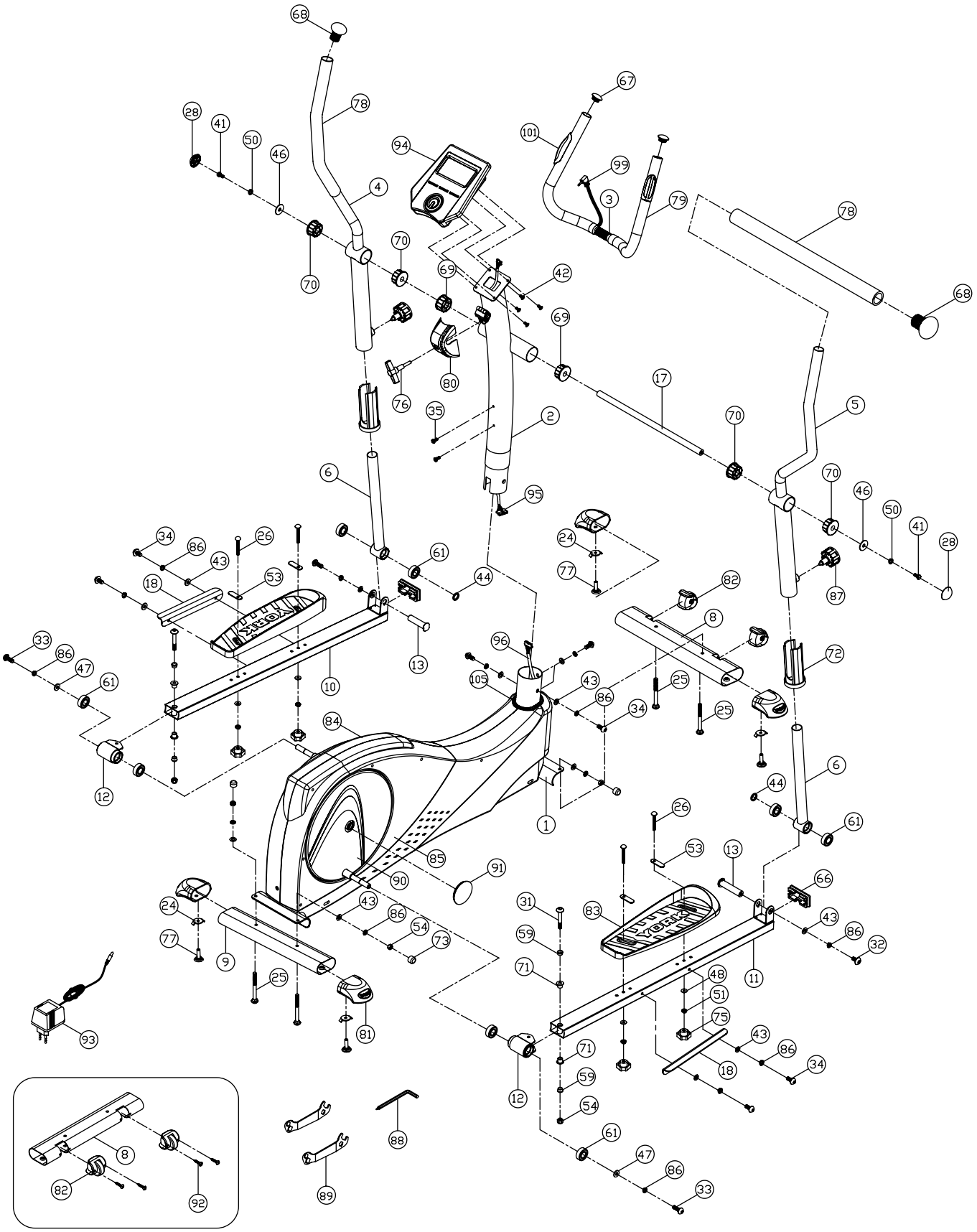
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram

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parts list

Ref.	Qty	Part no.	Part Description
1	1	YKA00158s6	Main Frame (X)
2	1	YKA00167s6	Front Post (X)
3	1	YKP00183c1	Narrow Handlebars
4	1	YKA00159s6	Moving Handlbar - Left
5	1	YKA00160s6	Moving Handlbar - Right
6	2	YKA00161s6	Moving Handlebar - Lower
7	2	YKA00157s6	Moving Disc Mount Frame
8	1	YKP00166s6	Front Stabilizer & Wheel Mount
9	1	YKP00167s6	Rear Stabilizer (C)
10	1	YKA00162s6	Foot Plate Mount Tube - Left
11	1	YKA00163s6	Foot Plate Mount Tube - Right
12	2	YKA00164s6	Foot Plate Axle Mount Bracket
13	2	YKA00165n1	Foot Plate Tube Front Pivot Shaft
14	1	YKF50123b6	Pedal/Disc Crank Axle
15	1	YKF50129c1	Magnet Shoe Assembly
16	1	YKA00149c1	Jockey Wheel Bracket
17	1	YKF50127c1	Moving Handlebar Pivot Rod
18	2	YKP00184s6	Foot Plate Support Bracket
19	1	YKF50119	Flywheel Axle
20	1	YKF50124b6	Large Pulley Wheel
21	1	YKF50125c1	Mounting Bracket
22	1	YKF50117b6	Flywheel
23	3	YKF10288b6	Bush
24	4	YKF10208c1	Height Adjusting Ring
25	4	YKF10207n1	Carriage Bolt (M8 x 52mm)
26	4	YKF10305b6	Carriage Bolt (M6 x 55mm)
27	1	YKF10188b6	Hex Head Bolt (M8 x 52mm)
28	2	YKF20183b5	Round Plastic Bolt Cap
29	4	YKF10224b6	Hex Head Bolt (M6 x 18mm)
30	3	YKF10290b6	Hex Head Bolt (M6 x 14mm)
31	2	YKF10306n1	Round Allen Head Bolt (M8 x 53mm)
32	2	YKF10307n1	Round Philips Head Machine Screw (M8 x 25mm)
33	2	YKF10308n1	Round Philips Head Machine Screw (M8 x 20mm)
34	8	YKF10309n1	Round Philips Head Machine Screw (M8 x 15mm)
35	2	YKF10191n1	Round Philips Head Machine Screw (M5 x 15mm)
36	4	YKF10300b6	Round Philips Head Machine Screw (M6 x 10mm)
37	8	YKF10303b6	Round Philips Head Self Tapping Screw (5 x 12mm)
38	2	YKF10272b6	Hex head shoulder Bolt (M8 x 25mm)
39	1	YKF10310b6	Round Philips Head Machine Screw (M6 x 12mm)
40	1	YKP00185c1	Spring Mount Bracket
41	2	YKF10304b6	Hex Head Bolt (M8 x 20mm)
42	4	YKF10203b6	Round Philips Head Machine Screw (M5 x 10mm)
43	14	YKF10217n1	Flat Washer (8 x 16 x 1.2mm)
44	2	YKF10311n1	Flat Washer (15.5 x 20 x 3mm)
45	2	YKF10312b6	Flat Washer (12 x 15 x 0.3mm)
46	2	YKF10283b6	Flat Washer (8 x 28 x 1.5mm)
47	2	YKF10313n1	Flat Washer (8 x 18 x 1.5mm)
48	4	YKF10293b6	Flat Washer (6 x 16 x 1.2mm)
49	3	YKF10289b6	Flat Washer (6 x 16 x 1.5mm)
50	2	YKF10192b6	Spring Washer (8mm)
51	4	YKF10225b6	Spring Washer (6mm)
52	1	YKP00186c1	Stop Bracket
53	4	YKP00182b6	Foot Plate Mount Insert
54	7	YKF10061n1	Nyloc Nut (M8)
55	4	YKF10196b6	Nyloc Nut (M6)
56	2	YKF10292b6	Hex Shoulder Nut (3/8")
57	2	YKF10197b6	C Clip (C12)
58	3	YKF10222b6	C Clip (C17)
59	4	YKF10317c1	Taper Washer (8 x 11 x 4.5mm)
60	4	YKF50091	Bearing
61	8	YKF50126	Bearing
62	2	YKF50046	Bearing
63	1	YKF10300b6	Round Philips Head Machine Screw (M6 x 10mm)
64	1	YKF10287b6	Spring (122mm)
65	1	YKF10318b6	Spring (65.8mm)
66	2	YKF20259b5	Rectangle Radius Internal End Cap
67	2	YKF20260g4	Round Radius Internal Top Hat End Cap
68	2	YKF20249b5	Round Mushroom Internal End Cap
69	2	YKF20261b5	Pivot Rod Bush
70	4	YKF20261b5	Pivot Rod Bush
71	4	YKF20247b5	Plastic Top Hat Bush
72	2	YKF20137b3	Reducer Insert
73	4	YKF20183g13	Round Plastic Bolt Cap
74	1	YKF40068b1	Pulley Belt
75	4	YKF10297b5	Hand wheel - Female (M6)
76	1	YKF10221b3	T-Bar Bolt (M8 x 55mm)
77	4	YKF10209b3	Height Adjusting Foot
78	2	YKF30032b1	Foam Grips (28mm)
79	2	YKF30033b8	Foam Grips (23.5mm)
80	1	YKF20263b5	Handlebar Mount Bracket Cover
81	4	YKF20192b5	Oval External End Cap
82	2	YKF20190b5	Transport Wheel
83	1	YKF20256b5	Foot Plate - Right (YORK - Shaped)
83~1	1	YKF20257b5	Foot Plate - Left (YORK - Shaped)
84	1	YKF20264q10	Chain Cover - Left (X)
85	1	YKF20265q10	Chain Cover - Right (X)
86	16	YKF10192n1	Spring Washer (8mm)
87	2	YKF50050b5	Pull Plunger (M16 x 22mm)
90	2	YKF20255q10	Plastic Disc - Moving
91	2	YKF20254b5	Round Internal Centre Cap
92	4	YKF10314b6	Round Philips Head Self Tapping Screw (8mm x 5/8")
93	1	YKF60154	AC Adaptor (9V-DC/1A [3pin U.K.])
		YKF60155	AC Adaptor (9V-DC/1A [3pin AUST. / N.Z.)
		YKF60156	AC Adaptor (9V-DC/1A [2pin EU])
94	1	YKF60126q10	Computer (C)
95	1	YKF60144b1	Computer Cable - Upper (850mm)
96	1	YKF60149b1	Computer Cable - Lower (1200mm)
97	1	YKF60150b1	Sensor Wire (350mm)
98	1	YKF60151b1	D.C. Socket (450mm)
99	1	YKF60152b1	Hand Pulse Sensor Cable
100	1	YKF20180b3	Sensor Mount Bracket
101	2	YKF50081g4	Hand Pulse Sensor - Radius Grip
102	1	YKF50086	Magnet
103	1	YKF40069b1	Tension Cable (140mm)
104	1	YKF60106	Servo Motor Assembly
105	1	YKF20372b5	Front post Collar
		TOOLS	
88	1	YKF70009	Philips Screwdriver & Allen Key (6mm x 105mm)
89	2	YKF70007	Multi Spanner (10, 13, 14, 15mm)